



Yoga . Breath . Meditation Immersion

The Water Element (kidney bladder meridians)

Phase 1 June 1st - 6th 2020

6am - 7.30am

Integration of body, movement and breath for harmony with winter.

5 days of morning yoga to refine and develop practice
with seasonal harmony.

Focus: spine and nervous system, stress relief and immunity.

Theme: flowing to stillness

Addressing the spine, neck and low back,
hormonal balance, stability, longevity and conservation of energy
with practices to relieve the effects of stress, fears, insomnia and adrenal
exhaustion.

Guided from the safety and comfort of your home
with live practice in Zoom Classroom

yoga . pranayama . metta bhavana meditation
calming . balance . inner harmony

Everyone is welcome.

Bookings only.

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Investment: \$120

